

that at which we are not. This is particularly true of rich Americans, who, perpetually in transit across the Atlantic, seem to be running from something which is lying in wait for them on whichever side of it they happen to be. They suffer from a perpetually itching sole. This something is boredom, a boredom which springs from an inability to distinguish what things are really worth while, and an incapacity to pursue them.

Aware of the danger the East preaches the virtues of serenity and a quiet mind, as witness for example the following from an exposition of Taoism. "If a man desires too much or overworks and does not rest in time, the result will be the illness of Time. . . . . The first step for a man who becomes a candidate for immortality is to keep life easy and the body young, since both mind and body have no inherent defect or trouble."

Speaking generally I should say that the Westerner tends to be discontented unless he has some positive reason for content ; the Easterner, in so far as he has followed the teaching of his religion, tends to be contented unless he has some positive reason for discontent. The gift of contentment is, therefore, the chief gift which the East has to offer to the West, and this gift can only be received by those who have recovered the conviction of the fundamental worth-whileness of things.

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